

Summer

North Liberty Community Center
Programs & Events
May - August 2015

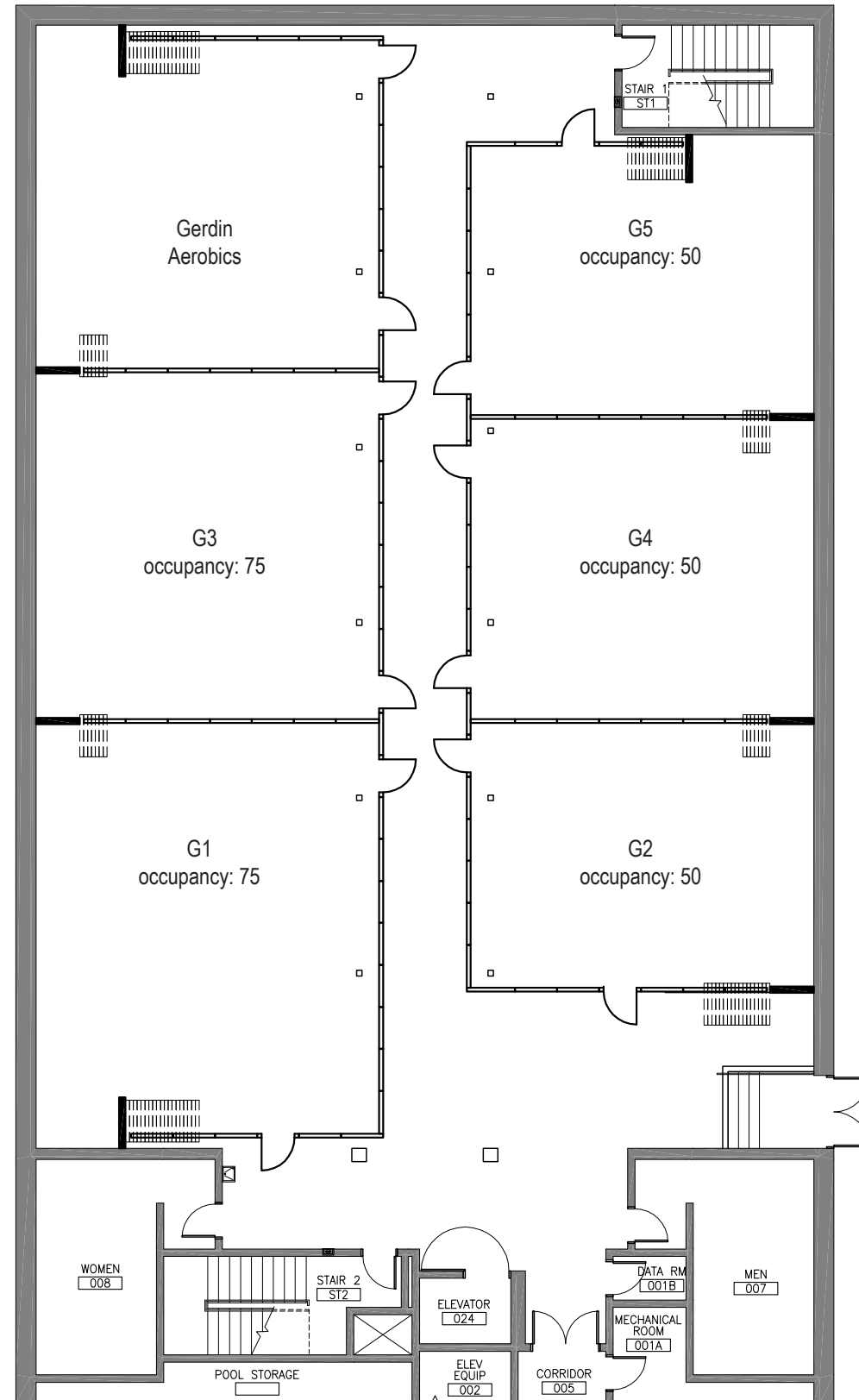
**Want a
challenge?
Sign up for our
fourth annual
Just Tri youth
triathlon, held
on Aug. 2.**

North Liberty Parks & Recreation
520 W Cherry Street, PO Box 77
North Liberty, Iowa, 52317
(319) 626-5716
northlibertyiowa.org



This summer, come for a swim, slide or doggie paddle in our pools, escape the heat for a workout or camp in at the Kids' Campsite play area.

Semi-permanent dividers allow for flexible use of the Gerdin Conference Center. The center can be open as a single large room or divided into as many as six rooms. A facility use agreement needs to be completed and submitted with a deposit to reserve space. Reservations are on a first-come, first-served basis. Rental information is available on page 6.



The North Liberty Community Center houses the library, communications office, recreation center and aquatic center to meet the intellectual and physical needs of North Liberty and area residents. The recreation staff is happy to provide experienced and professional recreational services to North Liberty and neighboring communities.

Mission Statement: To support and promote diversity and inclusiveness through the provision of a wide variety of high-quality leisure programs and services that aim to serve the recreational needs of the North Liberty community in an enjoyable, healthy and safe environment.

Recreation Full-time Staff:

Shelly Simpson	Recreation Director
Brian Motley	Assistant Recreation Director
Matt Fielder	Youth Programs Supervisor
Matthew Meseck	Recreation Supervisor
Kyle Huisman	Site Supervisor
Katie Gerot	Aquatics Supervisor
Jason Egly	Administrative Assistant
Dale Leonard	Custodian/Maintenance
Jerry Conklin	Custodian/Maintenance
Daniel Robbins	Custodian/Maintenance

Recreation Center Hours:
Monday-Friday: 6 a.m. - 9 p.m.
Saturday and Sunday: 8 a.m. - 6 p.m.
 See page 9 for pool hours.

Recreation Center Features

Gymnasiums: Two gyms with official-size basketball and volleyball courts, wood floors, air-conditioning and bleachers. Great for open gym, sports leagues and special events.

Weight and Exercise Area: Get in shape with our upper-level weight and exercise area. Cardio equipment includes treadmills, ellipticals, recumbent and upright bikes, steppers and indoor cycling bikes. Weight equipment includes Matrix weight stations and dumbbells from 3 to 90 pounds.

Elevated Running Track: Sports flooring on the track is suited for running, walking and jogging. A great place to walk or run during uncomfortable temperatures or inclement weather. One mile is approximately 8.5 laps.

Procter & Gamble Recster Room: Used by the before- and after-school program, as well as for summer and holiday camps; serving 60 children.

Seasonal Brochures:

- Summer Brochure: May-August
- Fall Brochure: September-December
- Winter Brochure: January-April

Seasonal brochures and flyers are available at the Recreation Center and at northlibertyiowa.org.

Meeting Rooms and Gerdin Conference Center: Semi-permanent dividers allow for multiple uses in the Gerdin Conference Center. The room can be opened up as one large room or separated into rooms for 20 to 400 people. It's great for birthday parties, showers, meetings and special events. Reservations are first come, first served.

Indoor and Outdoor Pools: Many features, such as our zero-depth entry, multiple slides, and more, make our aquatic facility one of the best in the state.

Kid's Campsite Play Area: Play area for youngsters 48 inches tall or shorter. Soft-play features such as jeep, tent, log slide and frog to climb on and explore!

Monday – Friday	9 a.m. – noon and 4 – 8 p.m.
Saturday, Sunday	8 a.m. – 6 p.m.

Photos: We use pictures and video of program participants to highlight our activities. If you do not want photographs or video of yourself or your child(ren) taken, please tell the photographer.

Facility Rules and Policies: Not all facility rules and policies are listed in this brochure. Please contact a supervisor for a copy of the rules, policies and explanation.

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Black & Gold Package: Offers access to both the weight and exercise area and the pools.			Gold Package: Offers access to the weight and exercise area only. <u>Resident</u> <u>Non-Res</u>			Silver Package: Offers access to the pools only		Adults	Seniors/ Youth
Daily Fees/Seniors: \$2 / \$1			\$3 / \$2			Daily Fees:		\$4	\$3
1 Month	Resident	Non-Res.	1 Month	Resident	Non-Res.	1 Month	Resident	Non-Res.	
Family	\$127	\$152	Family	\$90	\$108	Family	\$51	\$61	
Couple	\$75	\$90	Couple	\$45	\$54	Couple	\$38	\$46	
Individual	\$45	\$54	Individual	\$25	\$30	Individual	\$25	\$30	
Child	—	—	Child	—	—	Child	\$15	\$18	
Senior Couple	\$60	\$72	Senior Couple	\$35	\$42	Senior Couple	\$32	\$38	
Senior Individual	\$36	\$43	Senior Individual	\$20	\$24	Senior Individual	\$20	\$24	
H.S./College/Military	\$36	\$43	H.S./College/Military	\$20	\$24	H.S./College/Military	\$20	\$24	
Additional Member	\$8	\$10	Additional Member	—	—	Additional Member	\$8	\$10	
6 Month	Resident	Non-Res.	6 Month	Resident	Non-Res.	6 Month	Resident	Non-Res.	
Family	\$585	\$702	Family	\$450	\$540	Family	\$200	\$240	
Couple	\$338	\$406	Couple	\$225	\$270	Couple	\$150	\$180	
Individual	\$203	\$244	Individual	\$125	\$150	Individual	\$100	\$120	
Child	—	—	Child	—	—	Child	\$60	\$72	
Senior Couple	\$271	\$325	Senior Couple	\$176	\$211	Senior Couple	\$125	\$150	
Senior Individual	\$162	\$194	Senior Individual	\$100	\$120	Senior Individual	\$80	\$96	
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Additional Member	\$30	\$36	Additional Member	—	—	Additional Member	\$30	\$36	
Annual	Resident	Non-Res.	Annual	Resident	Non-Res.	Annual	Resident	Non-Res.	
Family	\$959	\$1,151	Family	\$765	\$918	Family	\$300	\$360	
Couple	\$547	\$656	Couple	\$383	\$460	Couple	\$225	\$270	
Individual	\$327	\$392	Individual	\$213	\$256	Individual	\$150	\$180	
Child	—	—	Child	—	—	Child	\$90	\$108	
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Senior Individual	\$261	\$313	Senior Individual	\$170	\$204	Senior Individual	\$120	\$144	
H.S./College/Military	\$261	\$313	H.S./College/Military	\$170	\$204	H.S./College/Military	\$120	\$144	
Additional Member	\$41	\$49	Additional Member	—	—	Additional Member	\$41	\$49	

Summer Pool Packages Valid from outdoor pool opening to closing only.		Resident	Non-Res
	Family of four	\$153	\$184
	Couple	\$114	\$137
	Individual	\$75	\$90
	Child	\$45	\$54
	Senior Couple	\$96	\$115
	Senior Individual	\$60	\$72
	H.S./College/Military	\$60	\$72
	Additional Member	\$24	\$29

Discounts!
Save by purchasing summer pool passes early.

Save 10% through April!

Definitions

Daily Fees: Per-person fees assessed per day.
 Packages: Valid for one month, six months or one year.
 Family: For up to four family members living at the same residence described as follows: One or two adults with children 3-18 years of age who are related to either adults by blood, marriage, adoption or legal guardianship.
 Couple: Two adults (age 19+) living at the same residence.
 Individual: Person 19 years or older.
 Child: Someone 3-18 years old. Children under the current age limit cannot be unattended and must be accompanied by a caregiver.
 Senior Couple: Two senior citizens, living at the same residence with at least one being age 60 or older.
 Senior Individual: Person 60 years or older.
 High School: Student in grade 9-12. School ID required.
 College: Full-time students only. Current student ID or current school documentation must be provided.
 Military: Service personnel; active or retired. Current military ID or other military documentation must be provided.
 Additional Member: Child cost beyond family of four.

Track Packages	Resident	Non-res.	Replacement card	
For year-round track use only	No fee	\$5	\$2 per card	
Open Gym Activities	Daily fee		One-month pass	
For designated open gym play.	Resident	Non-res.	Resident	Non-res.
Pickleball or badminton	\$1	\$2	\$10	\$15
Basketball	\$2	\$2	\$10	\$15

North Liberty Resident Fees: Residents are individuals who have a North Liberty address within the 52317 ZIP code. Please be prepared to show proof of current residency when registering for programs and obtaining memberships.

Age Requirements: Patrons must be in high school or older to use weight and cardio equipment. JH students may use the track without adult supervision (ID required). Patrons younger than JH may be on track with direct adult supervision. Patrons 8 years and younger are not allowed in the building without direct adult supervision.

Registration: Program registrations are accepted online and in person at the Community Center front desk, 520 W. Cherry St., North Liberty, IA 52317. Registration hours for in-person registrations are Monday through Friday, 6 a.m. to 8:30 p.m. Online registration can be completed any time using a credit card for payment. Online registration requires an ActiveNet account, which is easy to set up online. Online registration will incur an additional service charge. All program registration is on a first-come, first-served basis. Early registration is strongly recommended. You may also register by mail. Mailed registrations must include a completed form (available upon request or printed from website) and full payment. Priority is given to in-person registration and online registrations. Registrations by phone are not accepted. Check program descriptions for registration deadlines. Any registration after the deadline may incur a \$5 late fee for individuals. Registration fees must be paid in full at time of registration. Fees may be paid by cash, check, Visa, MasterCard, Discover and American Express. A \$10 charge will be assessed on any NSF checks. Recreation staff reserve the right to change dates, times, locations and fees without notice. When possible, refunds or credits will be issued.

REGISTER ONLINE! The North Liberty Recreation Center uses ActiveNet to streamline all front desk operations. This allows point-of-sale, facility reservation, activity registration and more. Patrons now have magnetic-stripe, photo swipe cards. ActiveNet also allows most of our operations to be completed online.

Go to northlibertyiowa.org and click on the Register Online button.



Refund Policy (see page 16 for swim lesson refund policies):

- Daily fees and class drop-in fees are non-refundable.
- Membership packages that have 7 or fewer days remaining at time of refund request are non-refundable.
- Package refund requests will be granted, at a pro-rated amount, for medical and relocation reasons only.
- Request for program/class refunds must be made at least three weekdays prior to the first class meeting and made between the hours of 8 a.m. – 5 p.m. Refunds for health reasons may be considered. Copy of doctor’s note is required.
- Requests must be made in writing to the recreation director.
- Credits may be applied to your NLRC account.
- Refunds are processed through City Hall and will be mailed to you. Please allow three to four weeks.

Participant Waiver: In registering for recreation programs and facility packages, each participant realizes the inherent risks involved in the program and appreciates the nature of these tasks. Participants, children, heirs, executors and administrators waive and release any and all rights and claims for damages against the City of North Liberty and its representatives, successors, and holds the City of North Liberty harmless for any damage and injuries caused by participation in these programs and activities. The City provides no medical insurance. Participants registering for activities of strenuous nature are encouraged to seek physician’s approval.

Unattended Child Policy: Children are welcome at the North Liberty Community Center. We strive to provide an environment for all to enjoy. Patron safety and welfare are priorities, so we’ve established an unattended child policy and patron discipline policies. Currently, parents and caregivers 16 years and older are responsible for monitoring the activities and behavior of children in their care while at the Community Center and children under 9 years old MAY NOT be present within the Community Center without direct supervision from a parent or caregiver. Parents/caregivers must be in the same area/room of the facility as their children. Please note that this applies to all areas of the Community Center.

Locker Availability:

Patrons must provide own lock for the six month rental. Patrons may bring own lock or pay for one on daily use. Limited number of lockers available.

Locker	6 Months	Daily Lock
Regular Size	\$15	50¢



Facility Rentals: The North Liberty Community Center is a great place to hold meetings, birthday parties, showers, lock-ins and other events. There are various sizes of rooms and gymnasiums available to rent for team practices and/or tournaments. Check with the front desk for availability. A Facility Use Agreement must be completed along with a deposit to reserve a room. Deposit in the form of credit card number is preferred.

Room	Capacity	Resident Fee	Non-resident Fee	Non-Profit Group Fee
Half Room (Main Level)	Up to 20 people	\$10/hour	\$15/hour	\$5/hour
Full Room (Main Level)	Up to 40 people	\$15/hour	\$20/hour	\$7.50/hour
Medium Room (Gerdin)	Up to 55 people	\$20/hour	\$25/hour	\$10/hour
Large Room (Gerdin)	Up to 70 people	\$25/hour	\$30/hour	\$12.50/hour
Double Room (Gerdin)	Up to 140 people	\$40/hour	\$50/hour	\$20/hour
Half Gymnasium	200 people	\$20/hour \$30/hour with tarps	\$25/hour \$35/hour with tarps	Regular fees apply.
Full Gymnasium	400 people	\$40/hour \$50/hour with tarps	\$45/hour \$55/hour with tarps	Regular fees apply.
Full Gerdin Conference Center	Up to 650 people	\$70/hour	\$85/hour	Regular fees apply.



Pool Rentals

The indoor and outdoor pools can be rented for parties. A pool rental agreement form needs to be completed and submitted to reserve the pools.

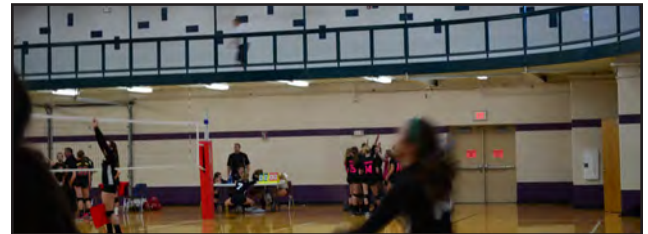
Outdoor Pool: Fridays begin once ICCSD is out for summer Saturdays/Sundays begin May 30-August 30

Pool Rentals	Indoor	Outdoor
Fri./Sat./Sun: 6 – 7:30 p.m.	\$90	\$190
Fri./Sat./Sun.: 7:45 – 9:15 p.m.	\$90	\$190

Gymnasium Rentals

The demand for use is high, and NLRC programs have priority. Rentals are first-come, first-serve with a completed facility reservation form and a deposit. Please contact the NLRC for more information and availability.

Gymnasiums include: Jones and Roberts gymnasiums at the Community Center, school gymnasiums at North Bend, Buford Garner and, coming soon, Penn Elementaries.



Kids' Campsite Rentals

The play area may be available to reserve in addition to room rentals for birthday parties. All play area rules must be followed, and a rental form needs to be completed and approved, first come, first served.

Days/Times: Saturday, Sunday: 6 - 7 p.m.

Fee: \$25 per hour

Baseball/Softball Field Rentals

Local baseball and softball fields can be reserved on weekends. Please contact Brian Motley for availability. Tournament requests can be submitted one year in advance.



The city's communication's department is your connection to city government. We operate North Liberty's local access video channel and the city's website, organize special events, work with non-profit and community groups, and provide technical and communications services to city departments and the general public. The department is composed of Communications Director Nick Bergus, Communications Coordinator Erika Harper, and Communications Specialist Stefan Juran.

Your connection to city government

Our job is to help you get the information you need about your city when you need it. Watch a city council meeting online, ask FaceNick a question on Facebook, shoot us an e-mail about a pot hole. We're happy to help.



North Liberty Television

The city's video channel, NLTV, can be seen on channel 5 by Mediacom subscribers, channel 268 by South Slope viewers, and live online from anywhere in the world with the help of South Slope's Rocket Internet.

NLTV is the premier source for local information and event coverage. NLTV is a PEG channel, meaning there is programming from public, education and government sources. Any member of the public can submit a video (meeting certain technical requirements) to play on NLTV.

Government programming includes City Council and other public meetings, as well as informational videos about city services, events and development. NLTV staff cover many local events and provide regular video updates from city departments. To view NLTV live online anytime, go to northlibertyiowa.org.

North Liberty's website

The City of North Liberty's website, northlibertyiowa.org, gives residents the chance to get the latest news from the city, contact officials, find public meeting agendas and minutes and get essential community information. You can also watch video online including all our live coverage of all public meetings. North Liberty's website is also a great way to give feedback to city staff and elected officials.

E-mail newsletters

Get newsletters, alerts and other City of North Liberty news delivered right to your inbox. Visit northlibertyiowa.org/about-us/news-sign-up/ to join the list.

A smart phone app

Download a free smartphone app for Android and iOS phones to get news, report issues, and connect with city officials. Just visit your the App Store or Google Play and find it by searching for "North Liberty."

Get your message out

We can help your non-profit organization get exposure by creating exciting videos documenting your services and mission, working with you on social media campaigns, or highlighting cool things you're doing in a newsletter. We've worked with the North Liberty Food & Clothing Pantry, United Way of Johnson County, the Garner Elementary PTO and other groups to promote community-building.

Facebook & Twitter

Get updates and send us comments through social networks. On behalf of the city, we maintain Facebook and Twitter accounts that carry alerts, news and the occasional fun photo. Check us out, follow and like us, let us know what you think.



Like us on Facebook at
facebook.com/northliberty

Follow us on Twitter at
twitter.com/northliberty



You can get in touch with Nick, Erika and Stefan by
e-mail: communications@northlibertyiowa.org
phone: (319) 626-5726
visit: our office in the Community Center, 520 W. Cherry Street



Library Hours
 Mon., Wed. 9 a.m. to 8 p.m.
 Tues., Thurs. 8 a.m. to 8 p.m.
 Fri. 9 a.m. to 5 p.m.
 Sat. 10 a.m. to 5 p.m.
 Sun. 1 p.m. to 4 p.m.
 (SUNDAY HOURS END AFTER MEMORIAL DAY)
 UPCOMING CLOSINGS: MEMORIAL DAY (MAY 25), INDEPENDENCE DAY (JULY 4)

Storytimes

My Baby Storytime 0 – 24 months 10 a.m. Tuesday
 Storytime prekindergarten 10 a.m. Wednesday
 PJ Storytime family 7 p.m. Thursday
 Tot Time 2 – 4 years 10 a.m. Friday
 Saturday Storytime family 11 a.m. Saturday

Weekly Programs

Sociable Seniors 10 a.m. Monday
 Just for Fun needle crafts 7 p.m. Tuesday

**It's that time...
 Summer Reading
 Program Time!**

Reading logs for all ages available in the library starting Monday, May 18.
 Summer Reading Kick-off:
 Wednesday, May 20
 5:30 – 7:30 p.m. at Hills Bank at Zeller and Highway 965

Weekly programs for each age will take place on Tuesdays from June 16 to July 21.

Kids: What's Your Power?

Programs include Blank Park Zoo Animal Heroes, Grout Museum's Superhero Science, Storytelling with Darrin Crow, super crafts and much more.
 Lego Thursdays 1 – 3 p.m. June 18 – July 23

Teen: Behind the Mask

Programs include: Special Effects Makeup, Forensic & Crime Scene Investigation, Teen Only Pool Party and much more.

Adult: Escape the Ordinary

Programs include Beer Tasting with Millstream Brewery, Myths & Truths about Ghosts & Apparitions, Monuments Men Presentation, Vino & Van Gogh Painting and much more.

Special Events

A Very Frozen Tea Party family
 Saturday, May 9 10:30 – 11:30 a.m.
 Registration required!

Neon Prom for the adult crowd
 Friday, May 15 8 – 11 p.m.
 Gather your friends, Get your NEON flare & Bring Your Own Beer or Wine. We'll have appetizers/punch, tunes, games & fun!



Pick up the 2015 Summer Library Programs & Events Brochure starting May 1 either in the library or downloaded from our website. Much more in there, so don't miss out!

Not a Patron Yet?

Register online at our website www.northlibertylibrary.org or stop by the library information desk.
 Upon first visit, please provide
 • Photo ID
 • Proof of Address
 Hope to see you soon!



Like us on Facebook!
 Search for "North Liberty Community Library"
 Follow us on Twitter!
 We're @nlibertylibrary



The North Liberty Pacha Aquatic Center has both an indoor and outdoor pool to meet your aquatic needs. Our Aquatic and Recreation Staff welcome you to the Pacha Aquatic Center and we hope you enjoy the facility. It may be necessary to make changes in policies and pool hours as we continue to grow and improve services. Your input, patience and understanding are greatly appreciated. One lap lane will be open during open swim hours. [For a complete list of pool rules visit northlibertyiowa.org](#)

Indoor Pool Hours

Monday-Thursday:	6 a.m. – 8 p.m.
Friday:	6 a.m. – 6 p.m.
Saturday & Sunday:	8 a.m. – 6 p.m.

Indoor Pool Features

Six Lane 25-meter Lap Swim Area: Ideal for fitness swimming, aqua classes, swim lessons and open swim.

One Meter Diving Board: Above 11' diving well.

Observation Deck: Located along north side of the pool for individuals who would like to watch swimmers but prefer not to change into a swimming suit or be on the deck.

Hydraulic Chair: Available for those needing assistance into the water.

Shared Pool Features

Family Changing Rooms and Locker Rooms: Inside the indoor pool you will find men's and women's locker rooms equipped with showers and lockers. We also have two family changing areas, so parents can get the whole family ready in private.

Aquatic Wheelchair: A submersible wheelchair is available for use by anyone needing assistance into the water in either pool.

Lounge Chairs: There are a number of chairs available for patron use or feel free to bring in your own chairs. All chairs are to be kept behind the gutter line and observation deck of indoor pool.

Water Temperature: The pools are heated ranging from 80-83 degrees.

Zero-Depth Entry: Provides easy access into water and play area with fountain spray features for small children.

Basketball Hoop: The adjustable hoop is entertainment for players of all ages.

Adult Supervision

Kids younger than 9 years must have supervision from a parent/caregiver 16 years and up. Caregiver must be in the water for preschoolers and younger. Adult to child supervision ratios:

Infants & Toddlers: One-on-one, within arms reach of caregiver
 Preschoolers: 5 per caregiver, within arms reach of caregiver
 Grade School age: 10 children per caregiver, within close proximity. This may require caregiver to be in the water.

Life Jackets

Only Coast Guard approved life jackets and flotation devices are permitted in North Liberty pools. Please ask pool staff if you need one provided.

Outdoor Pool Hours

Memorial Day Weekend: (Sat/Sun/Mon)	12-6PM
ICCSD in session; Monday-Thursday	Closed
(Summer/Fall) Friday	4-9PM
Saturday & Sunday	12-6PM
Summer Session; Monday-Thursday	1-9PM
Friday-Sunday	12-6PM
July 4th Holiday; Indoor Pool	6AM-6PM
Outdoor Pool	12-6PM
Labor Day; Indoor & Outdoor Pools	Closed

Outdoor Pool Features

Mushroom Spray Features: Gentle spray play under umbrellas for small children.

Floatables & Floatable Walk: Buoyant sea animals for climbing and walking across for swimmers looking for a challenge.

Mini Play Feature: Play feature for smaller children featuring a slide and interactive spray features

Two Water Slides: One enclosed flume and one open flume gives swimmers double the fun. Must be 48" tall to go down slides.

Diving Boards: 1 & 3 meter boards over 14' diving well. Must pass deep end test to go off diving boards.

Grassy Lawn with Umbrellas: Room for everyone to spread out and enjoy a good soak in the sun or under shade umbrellas. You may bring your own lawn chairs.

Program Schedules

The hours listed are facility hours, specific times for lap swim, open swim, water fitness classes or swim lessons can be found on our weekly schedule. Schedules of activities are available at the Recreation Front Desk and [northlibertyiowa.org](#). It may be necessary to make changes in the schedule to meet demands from the public.

Job Opportunities with North Liberty Aquatics

- Lifeguards / Pool Managers: Supervise and watch patrons using pools.
 - Swim Lesson Personnel: Assist with swim lesson instruction to children.
 - Concessions: Assist with concession stand operations of the outdoor pool. (Summer Only)
- Applications for these part-time positions are available at the NLRC or visit the city website: [northlibertyiowa.org](#)

Daily Admission: Daily fees are valid for admittance to both pools on a per-visit basis. Children younger than 9 years must have direct supervision from parent or caregiver 16 years or older. All patrons entering the pool deck must pay the admission fee, regardless of their intent to swim.

North Liberty residents are defined as individuals who have a North Liberty address within the 52317 ZIP code. Please be prepared to show ID and proof of residency when registering for programs and obtaining pool passes.

Black & Gold Package: Designed for individuals who use both the weight & exercise area and the pools.			Silver Package: Designed for individuals who use the pools only.		
Daily Fees: Adults \$4; Senior Citizen and Children \$3					
1 Month	<u>Resident</u>	<u>Non-Res.</u>	1 Month	<u>Resident</u>	<u>Non-Res.</u>
Family	\$127	\$152	Family	\$51	\$61
Couple	\$75	\$90	Couple	\$38	\$46
Individual	\$45	\$54	Individual	\$25	\$30
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Purchase early! 10% off in April.		
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Child	\$45	\$54
Senior Couple	\$96	\$115
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H.S./College/Military	\$60	\$72
Additional Member	\$24	\$29

Pool Closing

Either pool may close for mechanical breakdown, temperature, inclement weather, chemical imbalance or schedule changes. The outdoor pool closes for these additional reasons:

Attendance: Must have 10+ swimmers in water for one hour to remain open.

Temperature: Must be at least 68 degrees one hour before pool opens. Rule does not apply to swim lessons.

Inclement Weather: If lightening is spotted, people are directed away from the pool and umbrella structures for duration of 20 minutes without lightening. If lightening persists for more than 1 hour, outdoor pool will close. Reassessment and possible opening will be at 5 p.m., Monday-Thursday. Reassessment on Friday, Saturday or Sunday will not occur after 3 p.m.

Sick Swimmers

Swimmers who have been sick should not enter the water for two weeks following their last episode of diarrhea to avoid potentially making others ill.

Daily Fees: Per-person fees assessed per day.

Packages: Valid for one month, six months or one year.

Family: For up to four family members living at the same residence described as follows: One or two adults with children 3-18 years of age who are related to either or both of the adults by blood, marriage, adoption or legal guardianship.

Couple: Two adults (age 19+) living at the same residence.

Individual: Person 19 years or older.

Child: Someone 3-18 years old. Children under the current age limit cannot be unattended and must be accompanied by a caregiver.

Senior Couple: Two senior citizens, living at the same residence with at least one being age 60 or older.

Senior Individual: Person 60 years or older.

High School: Student in grade 9-12. School ID required.

College: Full-time students only. Current student ID or current school documentation must be provided.

Military: Service personnel; active or retired. Current military ID or other military documentation must be provided.

Additional Member: Child cost beyond family of four.

Outdoor Family Pursuits

Do you know that the Recreation Department has various items available to assist families in getting outdoors?

Geocaching with a GPS unit

Fishing pole rental

Fee: FREE; a deposit is collected and refundable upon return of undamaged equipment.

Contact Jason at 626-5716 or jegly@northlibertyiowa.org for more information.

Outdoor & Nature Education (O.N.E.) Packs

Backpacks stuffed with activities are available to help children and their families explore the outdoors. Packs can be checked out and taken to local parks or natural areas and are filled with fun and educational activities. Themes include: birds, animals of Iowa, trees, insects, outdoor skills, aquatic habitats, creatures of the night, wildflowers and prairies, rocks and minerals, and the wild turkey.

Deposit/Registration: Packs rental forms must be completed and a credit card number will be taken for a deposit. Any lost or broken items will be charged to the credit card on file.

Packs can be checked out for two weeks at a time.

Community Gardens

Plots are available at the Meade Barn, east of the Penn Meadows Sports Complex on a first-come, first-served basis. Plot size are 10 x 30 feet. A hydrant is available for water, but no hose hook-ups are allowed; individuals will need to bring buckets to transport water to plot.

Planting may begin by May 1. Plots cleared by Nov. 1.

Registration in person at the NLRC only:

2014 plot holders 6 a.m. Thursday, April 2

New plot holders 6 a.m. Friday, April 10

Plot number will be assigned after registration, payment and lease agreement are completed.

Location: Meade Barn property, east of Penn Meadows Sports Complex off of Penn Street

Fee per plot: Residents \$30, Non-res \$35.

North Liberty Free Summer Lunch & Fun

Gearing up for its second year of operations, the Summer Lunch & Fun Program is seeking participation from local restaurants and others to help provide free food and activities for North Liberty youth.

No registration required.

Ages: All youth up to 18 years old.

Session: Weekdays June 8 to August 14 (No July 4)

Time: Nutritional lunch 11:30 a.m. – 12:15 p.m.

Activities 12:00 p.m. – 1:00 p.m.

Fee: FREE

Location: Ranshaw House, located just North of the Community Center at 520 W. Cherry Street.

The program is sponsored by the North Liberty Unity Coalition with food, volunteer and activity support from the City of North Liberty Library/Recreation staff, the community pantry, several area churches and dozens of residents and businesses. The program served more than 2,500 free youth meals last summer.



NEW!

Free Fishing Weekend

Come join us at Liberty Centre for a day of free fishing and aquatic education organized by the Iowa DNR, Scheel's All-Sports, and the City of North Liberty. Bring your pole or an ID to check one out. Try and catch anything from a bluegill to a catfish right here in town. Enjoy learning how to properly cast, take a look at tanks containing various species of Iowa fish and turtles, learn about water and boat safety, and have a free hot dog. Also, stick around until the end of the event and you will have the chance to win fishing related items!

Ages: All families, children must be accompanied by an adult

Date: Saturday, June 6th; Time: 10:00 AM – 12:00 PM

Fee: Free

Fish Iowa! Games State Finals

Saturday, June 6, 2015; Liberty Centre Pond, 820 West Cherry Street, North Liberty, IA

8:30 am — Registration and open practice time

9:00 am to 11:00 am — Competition and awards ceremony

10:00 am to Noon — Free Fishing Weekend Family Fishing Event

All competitors will cast at one time, but will be scored in three age groups:

Age 8 & younger (at least 5 years old)

Age 9-11

Age 12 & older (up to age 18)

Awards ceremony will immediately follow the competition. All participants will be recognized.

Onsite registration is available, Pre-registration at

iowagames.org/FishIowaGames is encouraged

Registration opens April 2015 - \$5 entry fee.

All Iowa youth are eligible to participate.

There are two divisions.

State Finals Medal Class Division:

Students who received 1st, 2nd or 3rd place in their school's Fish Iowa! Games competition.

State Finals Open Class Division:

K-12 students who did not place 1st, 2nd, or 3rd in a school

Fish Iowa! Games competition. (Includes youth whose school did not host a competition.)

Discount Amusement Park Tickets

Get your tickets at the North Liberty Community Center before you go to save time and money.

Adventureland: Des Moines

\$32 per person; anyone 4 years and old.

A savings of \$2 for youth 4-9 years old and of \$8 for individuals 10 years and older.

Lost Island Water Park: Waterloo

\$23 per person; anyone 3 years and under is free.

A savings of \$2 for everyone.

Blank Park Zoo: Des Moines

\$6 for ages 3-12; \$10 for ages 13-64; 2 and under free

A savings of \$1-\$2 for older ages.

Fourth Annual North Liberty Youth Triathlon, Just Tri!
Tri-Fit Agape and the North Liberty Aquatic Center will again host North Liberty's annual youth triathlon, Just Tri! Kids of all ages and fitness levels are encouraged to swim, bike and run! Participant awards will be handed out upon completion. Must have a helmet for the bike portion to participate. This event is for participation only, times will not be recorded. Register the age group your child will be on race day. No rain date.

Session: Sunday, August 2

Group 1: 6-8 years (swim 25m, bike .9mi, run .25mi)

Group 2: 9-11 years (swim 50m, bike 2.4mi, run 1mi)

Group 3: 12-14 years (swim 100m, bike 4.4mi, run 2mi)

Time: Transition opens at 7:15AM; Race starts at 8AM

Fee: Residents \$25; Non-residents \$30

Registration Deadline: July 24 or when maximum number of participants is reached.

Race Packets: Participants must pick up packet information Saturday, August 1 from 1-3PM.

Meeting: Wed., Aug. 1 at 6:30PM; Location NLRC

Participants and parents are asked to attend this meeting to cover race info.

Volunteers make such events a success. If interested contact Katie Gerot at kgerot@northlibertyiowa.org for more details. Volunteer Meeting: Thurs., July 30; 6:45-7PM

Cedar River Kayaking Trip

Join the North Liberty Recreation Department and Seatasea Watersports for a kayaking trip down the Cedar River. Meet at the NLCC and be driven to starting point. Those with their own kayaks are welcome to drive separately to the starting point. Seatasea Watersports will give a short demonstration before entering the water. Adventure begins at Palisades-Kepler Park, traveling 8.5 miles (about 1.5 hours) down river, stop at Baxa's Tavern next to Sutliff Bridge for a break and lunch. Kayakers will continue downstream for 9 miles (about 2 hours) and finish at Cedar Bluff Wildlife Area. Seatasea will load all kayaks and separate drivers back to start point while other kayakers will return back to NLCC. Kayakers are responsible for packing recommended extra snacks, water and dry seal bag for the long trip. Fee does not include lunch at Baxa's. Space limited, so sign up early!

Date: Saturday, July 25

Time: Meet at NLCC at 9 a.m.

Kayak trip approximately 4 hours

Fee: \$55 per person; includes all kayaking equipment
\$5 per person; using own equipment

Registration deadline: July 20

Great American Backyard Campout

Join the North Liberty Recreation Department and Boy Scouts Troop #216 for a Great American Backyard Campout. Activities will include fishing, learning to cook on a campfire, swimming, movies and breakfast. Watch for more information to follow. Participants encouraged to bring games and activities they enjoy and schedule of events will be provided. Campfires are welcome. If weather is poor event will be moved inside and games, movies and activities will be provided. This event is open to all - not just scouts. Individuals under 18 must be accompanied by an adult.

Date: Sat., June 27 at 2pm - Sun., June 28 at 10am

Fee: \$7 per person; fee includes Sat. dinner and Sun. breakfast. Participants must supply own camping supplies, snacks, etc... Some fishing equipment will be provided.

Want to Help?: Contact Matt Meseck at mmeseck@northlibertyiowa.org or call 626-5750.

Registration Deadline: June 24

Cedar Rapids Kernels / NL Night

It's a night to spend with your neighbors, Mr. Shucks and the Kernels, now in their third season as an affiliate to the Minnesota Twins. Ages: Families

Session: Saturday, August 29; Game Time: 6:35PM

Fee: \$7.00 per person, Kids 3 and under are free

(Must provide own transportation to CR)

Registration Deadline: August 17

Summer Lock In

Celebrate the summer by locking yourself in for a night of games, contests and prizes. Evening will start with a swim in indoor/outdoor pools with a pizza/pop/chips party following. Activities switch to the gymnasium. Contests include a dunk contest, 3 point shot contest, skills contest and the biggest game of knock out. Non-competitive activities include movies, pickleball, wiffleball, dodgeball, volleyball and a "free" period of games. Students can bring their own additional snacks and food to eat throughout lock in. Open to boys & girls and once arrived will not be allowed to leave unless escorted by parents.

Ages: Kids going into Grades 7-9

Session: August 8 at 6pm - August 9 at 7am

Location: North Liberty Community Center

Fee: \$15.00 per person

Registration deadline: August 5

Doggie Plunge

Bring your dog for some fun in the sun/water at the 6th Annual Doggie Plunge! One dog per person and provide proof of current rabies and distemper vaccinations the day of the event. Humans are not allowed to be deeper than knee deep in the water due to limited chemicals for the dogs' safety. If dogs are unable to "play nice" they may be asked to leave without compensation or warning.

Ages: Pet owners 16 years and up

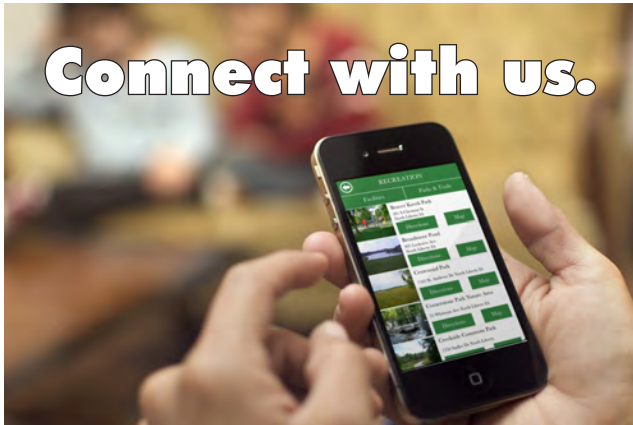
Children under 16 years must be accompanied by adult

Session: Thurs., September 10

Time: 3-8 p.m.

Fee: Early registration \$7 per dog;

Day of event registration \$10 per dog.



With the city's free, official smartphone app for iOS and Android phones, you can contact elected officials and city staff, see upcoming events and add them to your calendar, have city news delivered to you, browse local facilities, report issues to the city, and more.

Details at northlibertyiowa.org/app or find it on the App Store and in Google Play by searching for "North Liberty".



2015 Projects

Looking to keep up on road construction and other infrastructure projects around North Liberty?

Visit our website at northlibertyiowa.org/projects to see details, get updates and ask questions.

Penn Landing Market

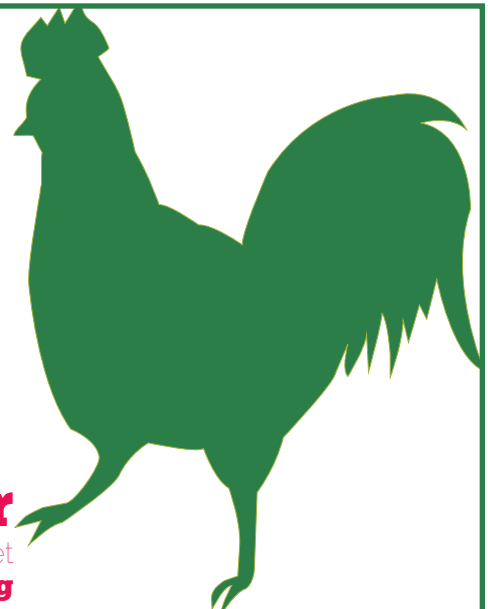
North Liberty's Farmers' Market

Every Sunday

11 a.m. - 2 p.m.

May to October

at Pacha Parkway by Highway 965 & Penn Street
pennlandingmarket.org



Swim Lesson Registration Process

Register in person at the North Liberty Community Center, 520 W. Cherry Street in North Liberty or online.

Registration starts at 6 a.m. . Registration is first-come, first-served. ID may be required to register.

North Liberty residents: Monday, April 6; Non-residents Wednesday, April 8

In toddler swim lessons the class sizes are smaller to provide adequate supervision. The classes focus on games and individual interaction. Classes with low enrollment may be canceled. A sick child may not enter the water for at least two weeks after their last episode of diarrhea. Questions may be directed to Lesson Coordinators.

CAREFULLY REVIEW LEVEL DESCRIPTIONS IN ORDER TO PLACE YOUR CHILD ACCORDINGLY.

Swim Lesson Progression

It is possible for children not to pass each level after one attempt. Instructors will evaluate skills on the first day of lessons and students may be moved as spots become available. It is common for Level 1-4 to take one to two summers to pass and Levels 4-8 needing two to four summers to pass. Please remind your children that it is normal to repeat levels.

Parent/Tot (Ages 6 months – 2 years)

This 30 minute class gives the adult caregiver a chance to interact in the water, learn fun pool activities and proper methods instructing the child. The main goal of the program is to acquaint the child to the aquatic environment with the assistance of the parent. At least one adult must accompany each child.

Tadpoles (Age 3)

For the young swimmer wanting to learn aquatic skills independent of caretaker. Pre-requisite: must be able to be in a class setting in the pool and following direction given by the instructor.

Level 1 (Age 4 or passed Tadpoles)

This class teaches the most elementary skills that students will continue to build on as they progress through lessons. All skills are performed with support. Pre-requisite: six bobs to chin; front and back float with assistance; blow bubbles out of mouth.

Level 2 (Passed Level 1)

This class marks the beginning of independent aquatic locomotion. Some skills are performed with support while others are performed independently. Pre-requisite: front/ back float, alternating arm action with support; able to roll front to back/back to front float with support.

Level 3 (Passed Level 2)

This class provides additional guided practice of basic aquatic skills. Majority of the skills at this level are performed independently. Pre-requisite: six bobs to nose; glide on front/ back at least two body lengths, alternating arm action with assistance; from front to back float, float five seconds; from back to front float, float five seconds.

Attention: Please register for the class most suited to your child’s skills. Remember progression to the next level may require more than one session. All transfers, refund requests and changes must be made by the Wednesday prior to the session's start. There is no guarantee of a move to a different level or receiving a refund after that deadline.

MORNING LESSONS - Monday-Friday / Outdoor Pool						
Sessions:	Time:	Parent Tot	Tadpoles	Level 1	Level 2	Level 3
June 8 - 19	8:30-9AM	—	3506.300	3514.300	3530.300	3546.300
	9:15-9:45AM	—	3507.300	3515.300	3531.300	3547.300
	10:00-10:30PM	3501.300	3508.300	3716.300	3726.300	3736.300
	10:45-11:15AM	3763.300	3708.300	3717.300	3727.300	3737.300
June 29-July 10	8:30-9AM	—	3509.300	3517.300	3532.300	3548.300
	9:15-9:45AM	—	3510.300	3518.300	3533.300	3549.300
	10:00-10:30PM	3503.300	3511.300	3718.300	3728.300	3738.300
	10:45-11:15AM	3765.300	3709.300	3719.300	3729.300	3739.300
July 20 - 31	8:30-9AM	—	3512.300	3520.300	3534.300	3550.300
	9:15-9:45AM	—	3513.300	3521.300	3535.300	3551.300
	10:00-10:30PM	3661.300	3664.300	3720.300	3730.300	3740.300
	10:45-11:15AM	3767.300	3710.300	3721.300	3731.300	3741.300

Fees:
Residents \$30 per session
Non-residents \$35 per session

EVENING LESSONS – Monday & Wednesday / Indoor Pool						
Sessions:	Time:	Parent Tot	Tadpoles	Level 1	Level 2	Level 3
June 8 - July 1	4:00-4:30 p.m.	—	3762.300	3526.300	3642.300	3558.300
	4:45-5:15 p.m.	3770.300	3772.300	3516.300	3643.300	3559.300
	5:30-6:00 p.m.	3504.300	3712.300	3774.300	3776.300	3778.300
	6:15-6:45 p.m.	3505.300	3713.300	3527.300	3544.300	3560.300
July 13 - Aug. 5	7:00-7:30 p.m.	—	3500.300	3724.300	3734.300	3744.300
	4:00-4:30 p.m.	—	3764.300	3528.300	3545.300	3561.300
	4:45-5:15 p.m.	3771.300	3773.300	3522.300	3538.300	3554.300
	5:30-6:00 p.m.	3698.300	3714.300	3775.300	3777.300	3779.300
7:00-7:30 p.m.	6:15-6:45 p.m.	3699.300	3715.300	3529.300	3539.300	3555.300
	7:00-7:30 p.m.	—	3502.300	3725.300	3735.300	3745.300



Swim Lesson Registration Process

Register in person at the North Liberty Community Center, 520 W. Cherry Street in North Liberty or online.

Registration starts at 6 a.m. . Registration is first-come, first-served. ID may be required to register.

North Liberty residents: Monday, April 6; Non-residents Wednesday, April 8

Level 4 (Passed level 3) Float/ glide without support and recover to a vertical position. Pre-requisites: 10 bobs submerging entire body; glide on front/back two body lengths; combine arm, leg action on front/back two body lengths with support.

Level 5 (Passed level 4) Improve skills and further develop alternating arm and leg action. Pre-requisites: push off wall, glide on front/back with combined arm, leg action and recover to vertical position; from vertical position enter front/back float, hold for 5 seconds and recover to vertical position.

Level 6 (Passed level 5) Swim front crawl, back crawl, and elementary backstroke. The scissor, dolphin, and breaststroke kick are introduced to build on the fundamentals of treading water. Pre-requisite: push off from wall on front/back, alternating arm, leg action with rhythmic breathing for five body lengths and recover to vertical position.

Level 7 (Passed level 6) Improve technique and increase endurance for front crawl, back crawl, and elementary backstroke. Arms actions added for sidestroke, breaststroke, and butterfly. Pre-requisite: jump in chest deep water, swim front crawl 15 yards, tread water for 30 seconds, swim elementary backstroke 15 yards continuous.

Level 8 (Passed level 7) Refine strokes (front crawl, back crawl, elementary back stroke, side stroke, breast stroke & butterfly) while increasing distance. Pre-requisites: perform a stride dive into deep water; swim front crawl 25 yards; swim breaststroke 15 yards; swim back crawl 25 yards; swim elementary backstroke 25 yards.

Guard Start Designed for youth 11-14 years old or those with strong swimming skills. American Red Cross program that provides a foundation of life guarding and life skills in and around the pool. Pre-requisites: Ability to swim the front crawl for 25 yards continuously while breathing to the front or side. Ability to tread water for 1 minute using arms and legs. Ability to submerge and swim distance of 10 feet underwater.

Attention:

Please register for the class that is most suited to your child’s skills. Remember progression to the next level may require more than one session. All transfers, refund requests, changes must be made by the Wednesday prior to session start date and there is no guarantee to move child to different levels or receiving refund after such date.

Fees: Residents \$30 per session; Non-residents \$35 per session

MORNING LESSONS - Monday-Friday / Outdoor Pool							
Sessions:	Time:	Level 4	Level 5	Level 6	Level 7	Level 8	Guard Start
June 8 -19	8:30-9AM	3562.300	3578.300	3594.300	3610.300	3626.300	—
	9:15-9:45AM	3563.300	3579.300	3595.300	3611.300	3747.300	—
	10:00-10:30PM	3564.300	3580.300	3596.300	3612.300	—	3642.300
	10:45-11:15AM	3565.300	3581.300	3597.300	3613.300	—	3751.300
June 29-July 10	8:30-9AM	3566.300	3582.300	3598.300	3614.300	3628.300	—
	9:15-9:45AM	3567.300	3583.300	3599.300	3615.300	3789.300	—
	10:00-10:30PM	3568.300	3584.300	3600.300	3616.300	—	3644.300
	10:45-11:15AM	3569.300	3585.300	3601.300	3617.300	—	3795.300
July 20 - 31	8:30-9AM	3570.300	3586.300	3602.300	3618.300	3630.300	—
	9:15-9:45AM	3571.300	3587.300	3603.300	3619.300	3749.300	—
	10:00-10:30PM	3572.300	3588.300	3604.300	3620.300	—	3546.300
	10:45-11:15AM	3573.300	3589.300	3605.300	3621.300	—	3753.300

EVENING LESSONS – Monday & Wednesday / Indoor Pool							
Sessions:	Time:	Level 4	Level 5	Level 6	Level 7	Level 8	Guard Start
June 8 - July 1	4:00-4:40 p.m.	3574.300	3590.300	3606.300	3622.300	3746.300	—
	4:45-5:25 p.m.	3575.300	3591.300	3607.300	3623.300	3766.300	—
	5:30-6:10 p.m.	3780.300	3782.300	3784.300	3786.300	—	3750.300
	6:15-6:55 p.m.	3578.300	3592.300	3608.300	3624.300	—	3694.300
July 13 - Aug. 5	7:00-7:40 p.m.	3577.300	3593.300	3609.300	3625.300	3638.300	—
	4:00-4:40 p.m.	3674.300	3682.300	3686.300	3690.300	3748.300	—
	4:45-5:25 p.m.	3675.300	3683.300	3687.300	3691.300	3667.300	—
	5:30-6:10 p.m.	3781.300	3783.300	3785.300	3787.300	—	3752.300
	6:15-6:55 p.m.	3676.300	3684.300	3688.300	3692.300	—	3695.300
	7:00-7:40 p.m.	3677.300	3685.300	3689.300	3693.300	3639.300	—

Swim Lesson Registration Process

Register in person at the North Liberty Community Center, 520 W. Cherry Street in North Liberty or online.
 Registration starts at 6 a.m. . Registration is first-come, first-served. ID may be required to register.
 North Liberty residents: Monday, April 6; Non-residents Wednesday, April 8

Private Lessons: (one on one) Half hour private lessons on either Tuesday or Thursday nights in Indoor Pool. Please note that teachers may vary between lessons and make up classes cannot be scheduled. Minimum age for private lessons is 5 years old. Lessons are taught by North Liberty Aquatic Center Staff.

A sick child may not enter the water for at least two weeks after their last episode of diarrhea.

Questions may be directed to Lesson Coordinators.

Private Lessons								
Tuesday PM			Thursday PM			Saturday AM		
Sessions:	Time:	Class #:	Sessions:	Time:	Class #:	Sessions:	Time:	Class #:
June 9-30	4:30-5PM	3634.300	June 11-July 2	4:30-5PM	3754.300	June 13-July 25	9-9:30AM	3762.300
	5-5:30PM	3635.300		5-5:30PM	3755.300	No lesson	9:30-10AM	3763.300
	5:30-6PM	3640.300		5:30-6PM	3756.300	July 4	10-10:30AM	3764.300
	6-6:30PM	3641.300		6-6:30PM	3757.300		10:30-11AM	3765.300
July 14-Aug. 4	4:30-5PM	3654.300	July 16-Aug. 6	4:30-5PM	3758.300		11-11:30AM	3766.300
	5-5:30PM	3655.300		5-5:30PM	3759.300			
	5:30-6PM	3656.300		5:30-6PM	3760.300			
	6-6:30PM	3637.300		6-6:30PM	3761.300			

Fees:
 Residents: \$52 per session
 Non-residents: \$57 per session

Job Opportunities with the North Liberty Pools

The NLRC offers the following part-time positions:

Lifeguards/Pool Managers: Supervise and watch patrons using pools.

Swim Lesson Personnel: Assist with swim lesson instruction to children.

Concessions: Assist with concession stand operations of the outdoor pool. (Summer Only)

Applications are available at the NLRC or visit the city website: northlibertyiowa.org

Free Swim Lesson

The North Liberty Aquatic Center wants you to enroll your child in a free swim lesson! We want everyone to enjoy a fun, safe summer. To jumpstart, this lesson teaches basic skills and safety tips around water. Please one session per child. Ages: 3-12

Session: Friday, June 5

Time: 9:00-9:30AM or 9:30-10:00AM; one session per child

Fee: FREE Location: Outdoor Pool

Registration: Ends when maximum number is reached.

Lifeguard Class

Become an American Red Cross certified Lifeguard! Must be able to swim 200 yards freestyle and 100 yards breaststroke continuously, tread water for 2 minutes without use of arms, as well as a timed brick test to complete the pre-test for the course. Must demonstrate correct rescue skills, first aid/CPR, and receive 80 proficiency on written exam.

Bonus: If you work Memorial Day through Labor Day for City of North Liberty you can get your class fee reimbursed.

Age: Must be at least 15 years old by last day of course

Lifeguard Pre-test: SS1: May 5; 7-8 p.m.

Lifeguard Class: SS1: May 8; 5-9 p.m.

May 9; 8 am – 6 p.m.

May 10; 8 am – 6 p.m.

Fees: Res \$160; Non-res \$165 per person

Swim Lesson Make up / Refund Policy

For the complete refund policy visit northlibertyiowa.org

- M/W evening lessons if canceled by the facility, NLRC account will be credited.
- T / TH private lessons will not make up missed classes, but a credit to your NLRC account will be applied if NLCC cancels.
- Requests for program/ class refund or transfer must be made at least 3 weekdays prior to the first class meeting between the hours of 8 a.m. – 5 p.m..
- Refunds for health reasons may be considered if they occur 7 days prior to or during a session or class. Copy of doctor's note with date of incident is required.
- Any credits will be applied to your NLRC account.
- Refunds are processed through City Hall and will be mailed to you. Please allow 3-4 weeks.

American Red Cross CPR / AED Class

Adult and Pediatric First Aid/CPR/AED course teaches students to recognize and care for variety of emergencies and how to respond to help victims. Successfully complete course to receive a certificate for Adult & Pediatric First Aid/CPR/AED valid for two years. Ages:

SS1: June 12; 8:30am-1pm

SS2: August 7; 8:30am-1pm

Fees: Resident \$65; Non-resident \$70 per session

Registration Deadline: SS1: June 5; SS2: July 31

Early Bird Aqua Aerobics

Water fitness includes aqua aerobics, stretch & toning and strength toning for the early birds to get the day started, the body moving and the heart pumping. Instructor: Kim Lestina. Ages: 15 years & up (Younger with adult)
 SS1: May 5-21 (No May 26 & 28)
 SS2: June 2-30
 SS3: July 7-30 (No July 2)
 SS4: August 6-27 (No Aug. 4)
 Days/Times: Tuesdays & Thursdays; 6:05-6:50 a.m.
 Fees: Res/Non-res: SS1: \$18/23; SS2: \$27/32; SS3: \$24/29; SS4: \$21/26 or \$4 drop-in fee per day.

Water Resistance Exercise Class

Back by popular demand, this class is a fast paced, cardio workout using ankle cuffs, belts, gloves, weight ball and a new AquaLogix hand held resistance buoy! Water shoes and water bottle recommended. Please arrive 15 minutes early to meet instructor, Sue Carter, and get equipment on. Class starts promptly at 8 a.m.. Come find out why water can be a blast of energy & fun! Ages: 15 years & up
 SS1: May 1-29
 SS2: June 1-29
 SS3: July 1-31
 SS4: August 3-31
 Days/Times: Mondays/Wednesdays/Fridays: 8-8:45 a.m.
 Fees: Res/Non-res SS1,2,4: : \$45/50; SS3: \$49/54 or \$4 drop-in fee per day

Easy Does It

Class will focus on improving your range of motion (ROM), balance, core strength and reducing stress. You are 12 times lighter in the water allowing endless opportunities to work on balance and ROM. You do not have to know how to swim, but must be comfortable in water. A variety of water equipment is provided and used during class. Water shoes and water bottle recommended. Please arrive 15 minutes early to meet instructor, Sue Carter, and get equipment on: water cuffs or belt. Class starts promptly at 9a.m.. Come find out why water can be a blast of energy & fun!

Ages 15 years & up
 SS1: May 1-29
 SS2: June 1-29
 SS3: July 1-31
 SS4: August 3-31
 Days/Times: Mondays/Wednesdays/Fridays: 9-9:45 a.m.
 Fees: Res/Non-res SS1,2,4: \$45/50; SS3: \$49/54 or \$4 drop-in fee per day

Arthritis Aquatic Program

Recreational exercise program designed for men & women, regardless of age. Fun, friendly, supportive group under guidance of leaders. Exercise without putting excess strain on joints & muscles while performing gentle range of motion exercises and stretches to muscles. Benefits include decreased pain/stiffness, increased muscle strength, flexibility and joint mobility. Instructors: Connie McCall, Ellen Schmadeke. Ages: 15 years & Up (younger with adult)
 SS1: May 1-29 SS2: June 1-29
 SS3: July 1-31 SS4: August 3-31
 Days/Time: Mondays, Wednesdays, Fridays; 10 -10:50a.m.
 Fees: SS1,2,4: \$26/31; SS3: \$28/33 or \$3 drop-in fee per day if class not full.

Aqua Boot Camp

This class is full of fun and energizing activities designed to help you reach your fitness goals now. Exercises are performed using the full length of the pool, but no swimming skills are needed to participate. Regardless of age, size, or fitness level – you can achieve noticeable results. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you! Instructor: Janet Holland
 Ages: 15 years & up (Younger may attend with adult)
 SS1: May 5-28
 SS2: June 2-30
 SS3: July 2-30
 SS4: August 4-27
 Days/Times: Tuesdays & Thursdays; 5:45-6:30p.m.
 Fees: Res/Non-res SS1 & 4: \$28/33; SS2 & 3: \$31/36 or \$4 drop-in fee per day if class is not full.

**Saturday Aqua Aerobics**

Get your weekend started off right with a high energy water workout. Various floatation and resistance equipment are used throughout the entire length of the pool. We integrate lap swimming combined with other activities in the water. All fitness levels are welcome! Instructor Janet Holland.
 Ages: 15 years & up (younger may attend with adult)
 SS1: May 2-30
 SS2: June 6-27
 SS3: July 11-25 (No July 4)
 SS4: August 1-29
 Day/Time: Saturday; 8:15-9a.m.
 Fees: Res/Non-res SS1: \$17/22; SS2: \$14/19; SS3: \$10/15
 SS4: \$17/22 or \$4 drop-in fee per day if class not full.

Adult Triathlete Swim Clinics

Come train with Denise Barnhouse who will teach swim stroke techniques to increase speed and performance for open water swimming as well as transition times for your next race. Denise is an ITCA Triathlon Coach and has over 9 years competitive experience. Must be able to complete basic swimming techniques.
 Contact Denise at www.crossfitphilia.com or 319-855-0455.

Lucky Duck Morning Swim

A special morning open swim time for caregivers and young children. Safety and supervision is needed; if caregiver cannot provide adequate attention to children they may be asked to leave or bring additional help. We recommend 1:1 ratio for 2 years and under; 1:5 ratio for 3 years and up; Ages 5 and under should always be within arm's reach.
 Ages: Caregivers & children
 SS1: May 1-29; Fridays, 9-11:30AM
 SS2: June 6-August 29; Saturdays, 9-11:30AM
 Fee:\$1 per child; pay at front desk



Kid's Campsite

Play area for youngsters 48" or under in height. Soft-play features such as jeep, tent, log slide and frog to climb on and explore!
 Hours: Monday-Friday; 9AM-12(Noon) and 4:00-8:00PM
 Saturday & Sunday: 8:00AM-6:00PM
 No cost at this time; must follow all rules.

Ballet/Creative Dance

This program is designed to introduce a child to dance basics, develop a love for dance and an appreciation for music. Students must be at least 3 years old and potty trained. Recommended shoes/attire: leotard, tights, leather ballet slippers. Ages: 3-4 years old
 Days/Times: Wednesdays; 5:30-6p.m. or 6-6:30 p.m.
 Registration/Information: Contact Lyndsay at 319-648-4091 or lwilkinsonkrotz@hotmail.com

Painting 101

Participants will use tempera, watercolor and acrylic paints to create masterpieces. Ages: 3-5 years old
 Session: June 2-23
 Day/Time: Tuesdays
 AM Class: 10-10:30AM or 10:30-11AM
 PM Class: 6-6:30PM or 6:30-7PM
 Fee: Res/Non-res \$25/\$30
 Registration deadline: May 26

Builders Club

Kids will have fun creating different building projects and challenges with all kinds of materials.
 Ages: 3-5 years old
 Session: July 7- 28
 Day/Time: Tuesdays
 AM Class: 10-10:30AM or 10:30-11AM
 PM Class: 6-6:30PM or 6:30-7PM
 Fee: Res/Non-res \$25/\$30
 Registration deadline: June 30

Pee Wee Sports!

Enjoy this non-competitive approach to help your child learn sport basics, socialize and have fun!

- Golf** Session: May 6 - 27
Registration deadline: April 30
- Soccer** Session: June 10 - July 1
Registration deadline: June 4
- Baseball** Session: July 8 - 29
Registration deadline: July 2

Ages: 3 - 5 years old (must be 3 years by first class)
 Wed AM Class: 10-10:45 or 10:45-11:30
 Wed PM Class: 5:45 - 6:30 or 6:30 - 7:15 or 7:15 - 8
 Fee: Residents \$25, Non-residents \$30

Blastball League

Coed league to have fun learning fundamentals of tee ball. Kids hit off a tee and run to first base, which honks when jumped on.

Volunteer coaches are needed for this program!

Ages: Boys & Girls, 3-5 years old by May 20
 Session: May 20-June24 (Rain date = July 1)
 Day/Time: Wednesdays; 5:30-6:15PM or 6:15-7PM
 (Depends on number of teams - max. 40 kids)
 Fee: \$25.00; after May 3 = \$30.00
 Registration Deadline: May 3 (if optimal numbers reached; no additional entries accepted)
 Location: Quail Ridge Park
 Coaches Meeting: Mon., May 11; 6:00PM @ NLRC

Swim Lessons

Don't forget to check out pages 14-16 for swim lessons; parent and tot, tadpoles, levels 1-8. We offer lessons in the morning or evening.

Parent / Tot Workshops

Join this workshop where set up and clean up are done for you. You and your child will be engaged and have fun with others. Make & take craft of day along with a variety of other activities. Instructor: Stephanie Fiser

Ages: 1 - 5 years	Deadline:
SS1: May 9: Bird's Nest	May 4
SS2: May 23: Dreamcatcher	May 18
SS3: June 6: Father's Day Paperweight	June 1
SS4: June 20: Patriotic Pasta Art	June 15
SS5: July 18: Birdhouse	July 13
SS6: August 1: Paint Fun	July 27
SS7: August 15: Robot	Aug. 10

Days/Time: Saturdays; 3-4PM
 Fee: \$6.00 per session, per child

Youth Art Workshops

Get kids excited about art over the summer. Each class includes a make it, take it craft and kids will have fun in an interactive activity or game. Be sure to dress youth in clothes to get messy! Instructor: Stephanie Fiser

Ages: Grades K-6 Deadline:
 SS1: May 9: Flower Box / Float Boats May 4
 SS2: May 16: Space / Balloon Rockets May 11
 SS3: May 23: Robot / Minute to Win It May 18
 SS4: June 6: Wind Chime / Giant Bubbles June 1
 SS5: June 13: Nature / Balloon Ping Pong June 8
 SS6: June 20: God's Eye / Minute to Win It June 15
 SS7: June 27: Make own Fooseball & Play June 22
 SS8: July 11: Pasta Necklaces / Balloon Ping Pong July 6
 SS9: July 18: Super Spy / Periscopes July 13
 SS10: July 25: Castles / Catapults July 20
 SS11: August 1: Mummy / Sand Fun July 27
 SS12: August 8: Rainstick / Volcano Aug. 3
 SS13: August 15: Dinosaurs / Fossils Aug. 10
 SS14: August 22: Beaded Keyesian / Bln Ping Pong Aug. 17
 Days/Time: Saturdays; 1:30-2:30PM
 Fee: \$8.00 per session, per child

Cake Decorating for Kids

Learn the basics of cake decorating. Each child learns how to use an icing bag and 4 tips. Each will take own mini cake home. Instructor: Stephanie Fiser.

Ages: Grades K-6
 Session: Deadline: Day/Time:
 SS1: May 16 May 11 Saturdays; 3 -4PM
 Fee: \$10.00 per session, per child

Scrapbooking

Learn the basics of scrapbooking such as cropping, layout design options. Variety of tools will be available to use. Class fees include supplies needed. Child needs to bring 6-8 pictures to create a book to take home. Instructor: Stephanie Fiser. Ages: Grades K-6

Session: Deadline:
 SS1: June 13 & 27 June 8
 Day/Time: Saturdays; 3-4PM
 Fee: \$10.00 per session, per child

Sewing

Learn basics of sewing such as threading a needle, tie a knot, straight stitch, add stuffing, etc... Complete a Monster Project to take home. Instructor: Stephanie Fiser.

Ages: Grades 1-6 Deadline:
 SS1: July 11 & 25 July 6
 Days/Time: Saturdays; 3 - 4PM
 Fee: \$8.00 per session, per child

Knitting

Learn basics of knitting such as casting on, making a center-pull ball, garter stitch, counting and casting off, etc... Starter project will be a scarf. Size 8 straight needles and worsted yarn of any color. Instructor: Stephanie Fiser.

Ages: Grades 2-6 Deadline:
 SS1: August 8 & 22 August 3
 Days/Time: Saturdays; 3 - 4PM
 Fee: \$16.00 per session, per child plus \$8 material fee if you want needles & yarn provided by instructor.

Before & After School Program (BASP)

Provides recreational activities, supervision and guidance for kids off on non-school days. Held at the Rec. Center. Each day must be 10+ students enrolled or could be canceled. Ages: Grades K-6 Time: 7AM-6PM
 Registration deadline: One full week prior to date.

Summer Camp

Week 1: June 8-12	\$180
Week 2: June 15-19	\$180
Week 3: June 22-26	\$180
Week 4: June 29-July 3	\$190
Week 5: July 6-10	\$180
Week 6: July 13-17	\$180
Week 7: July 20-24	\$180
Week 8: July 27-31	\$190
Week 9: August 3-7	\$180
Week 10: August 10-14*	\$180

*Contingent on ICCSD start date

Before & After School Programs; Fall 2015

Recsters: serves Penn/Van Allen/Buford Garner students
 Buford Garner: serves Buford Garner students only.
 Registration: Current Recsters can register March 1-28
 Open enrollment begins April 1
 For more information contact Matt Fielder at 626-5734.
 Fee: \$45 non-refundable fee to hold spot for AM & PM.
 Regular monthly program fees due the first of each month: \$100 AM; \$180 PM or \$220 Combo

Tap/Ballet/Jazz/Hip Hop Combo Dance

Learn to dance ballet/jazz/hip hop and tap in one fun class!

Ballet: Strengthen and point feet, improve turn out and body alignment. Develop ballet technique or establish it! Barre work, dancing centre floor and dancing in leaps, jumps and turns.

Jazz: Emphasis strong and proper body alignment and clean technique through placement of stretch & strength exercises. Jazz isolations & across the floor work on turns, kicks, & jumps. Choreographed combination to contemporary dance music.

Tap: Improve student's overall vocabulary and understanding of phrasing, timing, balance. Challenge students with rudiments, exercises and routines that will push mind, body and soul.

Recommended shoes/attire: leotard, tights, pink leather ballet slippers, tap dance shoes.

Days: Wednesdays

Times: PreBallet/Tap Combo; 5-6 years. 6:30-7:15 p.m.

Junior Ballet/Tap Combo; 7-9 years 7:15-8 p.m.

Intermediate Combo; 10 years & Up 8 -8:45 p.m.

Registration/Information: Contact Lyndsay at 319-648-4091 or e-mail: lwilkinsonkrotz@hotmail.com

Youth Tech, Inc. – Computer Camp

Interactive computer camp focuses on enrichment opportunities in the world of computers. Visit www.youthtechinc.com for more info. Age suggestion: 10-17 years; we accept younger students with parents making final decision to student capability.

Session: July 14-16

Days/Times: Monday-Thursday

Web Studio: 9AM-12PM; Combination of animation & web design classes. Basics of animation & digital design. Create fun interactive animations and learn the basics of web design.

Video Game Design: 1-4PM: Fun, interactive look at the world of video game design & development. Learn basics of game design and produce video games to share.

Fees: Video Game Design \$150; Web Studio \$140

Registration deadline: July 10

Tae Kwon Do: Adults & Children

Learn self control, self confidence, discipline, courtesy and self defense. This activity is for the entire family. Uniform required. Instructor: Oscar Perez Ages: 6 years and up

SS1: May 4 – 28 (No class May 25)

SS2: June 1 – 29

SS3: July 6 – 30

SS4: Aug. 3 – 31

Days/Time: Monday and Thursday; 5:30-7 p.m.

Fee: Res/Non-res:

SS1: \$42/\$47

SS2: \$54/\$59

SS3: \$48/\$53

SS4: \$54/\$59

\$7 drop-in fee per class if not full.

Youth 3 on 3 Basketball League

Officiated 3 on 3 basketball league for boys & girls, grades 5-8 based on 2015-16 school year. This program is a team-oriented program where an entire team and coach sign up. Maximum number of teams: 8 teams for all grade divisions. Each team guaranteed at least 7 games depending on number of teams registered.

SS: June 15-July 13; Boys, Grades 5 & 6, Mondays NLRC

SS: June 16-July 14; Boys, Grades 7 & 8, Tuesdays BG

SS: June 18-July 16; Girls, Grades 5 & 6, Thursdays NLRC

SS: June 19-July 17; Girls, Grades 7 & 8, Fridays BG

Times: All are 5:30-9PM, on different days

Fee: \$125 per team

Registration Deadline: May 31

Location: NLRC & Buford Garner Elementary (BG)

Youth Triathlon Swim Clinic

Give your child a head start and confidence in the water with the Youth Tri Swim Clinic. We will offer a week long session to improve techniques for the triathlon. Instructor to child ratio will be 1:5. Ages: 6-14 years.

SS1: June 22-26

SS2: July 13-17

Days/Times: Monday-Friday; 10 - 10:30 a.m.

Location: North Liberty Indoor Pool

Fee: Residents \$15; Nonresident \$20

Registration Deadline: 3 days before start of each session or when maximum number reached.

See page 12 for information on the Youth Triathlon.

Youth Competitive Boys Team Basketball League

Officiated 5 on 5 basketball league for boys in grades 5, 6, 7 & 8. Team oriented program where an entire team and coach sign up. Each team guaranteed 5-7 games depending on the number of teams in league.

Ages: Boys; Grades 5, 6, 7, 8

Grades 5/6: October 15 – December 17

Day/Time: Thursdays; 6PM; 6:50PM; 7:40PM; 8:30PM

Grades 7/8: October 12 - December 14

Days/Times: Mondays; 7PM; 7:50PM; 8:40PM

Location: NLRC – Jones & Roberts Gymnasiums

Fee: \$325 per team

Grades 7 & 8; Max. 7 teams; Grades 5 & 6; Max. 8 teams
If not enough teams, grades may be combined.

Registration: Start signing up in September.

Youth Tennis Programs

Participants must bring their own racquet. Maximum of 16 participants per session.

SS1: June 9-June 25 SS2: July 7-July 23

Days: Tuesdays & Thursdays

Fee: Residents/Non-residents: \$30 / \$40

Registration Deadline: SS1: June 7 SS2: June 28

Location: Penn Meadows Tennis Courts.

Munchkins (5-6 years); 8:45-9:15AM

Basic fundamentals such as how to hold racquet, scoring terminology and ground strokes will be taught while having fun in a physical activity. Red or foam transition balls will be used with mini nets.

Aces (7-8 years): 9:15-10AM

Develop ball control and start to rally with a partner over mini net. Use transition red balls and incorporate serves and volleys.

Volleyers (9-10 years): 10-10:45AM

Work on constructing points on a 60 foot court with orange transition balls. Focus on stroke development & movement skills.

Slammers (11-12 years): 10:45-11:30AM

Work on constructing points on a full 78 foot court with green dot transition balls. Focus on continued stroke development and movement skills. Serving used to construct points.

North Liberty / Coralville Cooperative Leagues**NLC Youth Volleyball**

Program is designed to teach game fundamentals and to provide equal participation. Games/practices will be played at the Recreation Centers in North Liberty and Coralville.

Volunteer coaches are needed!

Ages: Juniors (Grades 3 & 4) as of Fall 2015 and

Seniors (Grades 5 & 6) as of Fall 2015

Session: September 8-October 20

Days/Times: Tuesdays, 6-8:15PM

Tues., Sept. 8: First meeting; team practices & T-shirts

Fees: Res \$40, Non-res \$50

Registration Deadline: August 23

Practices: September 9-October 19

Sundays, Mondays or Wednesdays; 6-7; 7-8 or 8-9PM

NLC Flag Football

Ages: Grades 1-2, Grades 3-5

Session: September 13-October 25

Days/Times: Sundays; 12-5PM (Depends on team)

Fee: Res \$40, Non-res \$50; Late fee (after Aug 16) = \$5

Coaches Meeting: Sept 3; 6PM at NLRC

Location: CV Youth Sports Park; 2480 Dempster Dr.

Registration deadline: August 16. If optimal numbers are reached, registration ends.

Women's Doubles Tennis League

This league will be as competitive as participants want it to be. Take advantage of the great tennis courts in town and play the game of tennis. Participants will sign up as a individual and split into doubles play each day at the courts. Ages: 18 years & up
 Session: June 1-August 3
 Days/Times: Mondays; 7-8:30 p.m.
 Fee: Residents/Non-residents \$15/\$20per player; balls provided.
 Location: Penn Meadows Tennis Courts
 Registration Deadline: May 17, max: 16 participants.

Tae Kwon Do: Adults & Children

Learn self control, self confidence, discipline, courtesy and self defense. This activity is for the entire family. Uniform required. Instructor: Oscar Perez Ages: 6 years and up

SS1: May 4 – 28 (No class May 25)

SS2: June 1 – 29

SS3: July 6 – 30

SS4: Aug 3 – 31

Days/Time: Monday and Thursday; 5:30-7 p.m.

Fee: Res/Non-res:

SS1: \$42/\$47

SS2: \$54/\$59

SS3: \$48/\$53

SS4: \$54/\$59

\$7 drop-in fee per class if not full.

Senior Dining - Good Food, Good Friends, Good Fun!

Senior Dining is being revamped. Every Friday we provide the chance to get together for a catered lunch, play an activity or just socialize with others.

Ages: Senior Citizens

Days: Fridays

Time: Lunch: 11:30-12(Noon)

Activity: 12(Noon)-1:00 PM

Location: North Liberty Recreation Center

Fees: \$3 per person

For more information, contact us at nlbuildingcommunity@gmail.com.



Your kind of workout, right at your fingertips! A touch-screen kiosk uses photos and text to allow anyone to come to the upper aerobics room , choose a specific, customized workout any time the room is not already in use and exercise to a video on an 80 inch television while using the Center's space and equipment.

Session: This is a drop in activity, open during mornings, lunch time and through early evenings.

Days/Times: You choose the time that works best for you.
 Fee: FREE through May 1; than use will be subject to daily fees or included with membership.

Come Check This Out!

OPEN GYM ACTIVITIES**Basketball**

Get together for a half or full court pick-up game of basketball. Check with the front desk for conflict dates when programming takes precedence. Daily drop-in fees assessed. Ages: 18 years & up (not in high school)

Noon Ball: May 4 – Aug. 31 (No May 25, July 3)

Days/Time: Monday-Friday; 12 – 1:30 p.m. at NLRC

Fees: Daily fee \$2 per person or purchase monthly package: Resident \$10; Non-resident \$15

**Pickleball**

Want to learn a new game? Try pickleball; the cross between hand ball, tennis, and badminton. Open play for all and free lessons may be given during play.

Ages: Adults & senior citizens

Session:

Days/Time: Monday – Friday; 8 – 12 p.m.

Sundays; 10 – 2 p.m.

Evenings: Wednesdays; 6 -9 p.m.

Location: Inside at NLRC Jones Gymnasium; Court 2

Outside at Penn Meadows Park

Fees: Daily fee \$2 per person or purchase monthly package
 Resident \$10; Non-resident \$15

Cardio Pump

Interval training utilizing progressive and moderate resistance with free weights and own body weight; cardio training during recovery. Build muscle, improve cardiovascular health and reduce muscle wasting. All fitness levels welcome. ACE Certified Instructor: Renee Manders. Ages: 14 years & up
 SS1: May 4-27 (No class May 25)
 SS2: June 1-29
 SS3: July 1-29
 SS4: August 3-31 (No class Aug. 10 & 12)
 Days/Times: Mondays & Wednesdays, 7:30-8:30 p.m.
 Fees: Res/Non-res SS1 & 4: \$21/\$26; SS2 & 3: \$27/\$32; or \$3.50 drop-in fee per class

Cardio Kickboxing

Basic punches and kicks are broken down one at a time and then combined to make for a high energy, full body workout. Class designed to increase flexibility, endurance, core and overall strength. No sparring involved, all fitness levels welcome. ACE Certified Instructor: Renee Manders
 Ages: 14 years & up
 SS1: May 5-28
 SS2: June 2-30
 SS3: July 2-30
 SS4: August 4-27 (No class Aug. 11 & 13)
 Days/Times: Tuesdays & Thursdays, 7:30 – 8:30 p.m.
 Fees: Res/Non-res SS1: \$24/29; SS2 & 3: \$27/32; SS4: \$18/23; or \$3.50 drop-in fee per class

**Cross Fit**

Want to really get in shape? Class meets four nights a week. M/W = Cardio Pump; T/TH = Kickboxing - see descriptions above. All fitness levels are welcome! ACE Certified Instructor: Renee Manders.
 Ages: 14 years & up
 SS1: May 4-28 (No class May 25)
 SS2: June 1-30
 SS3: July 1-30 (No class July 4)
 SS4: August 3-31 (No class Aug. 10-13)
 Days/Times: Mondays-Thursday, 7:30-8:30 p.m.
 Fees: SS1: \$33.75; SS2 & 3: \$40.50; SS4: \$29.25; No drop-ins allowed.

Boot Camp

Cardio, agility and strength training - using mostly body weight. Military-inspired workout. Running or cross training shoes are recommended. ACE certified instructor: Renee Manders
 Ages 14 years & up
 SS1: May 2-30
 SS2: June 6-27
 SS3: July 11-25
 SS4: August 8-29
 Days: Saturdays; 9:30-11 a.m.
 Fees: Res/Non-res: SS1: \$20/25; SS2 & 4: \$16/21; SS3: \$12/17 or \$4.50 drop-in fee per class if class not full.

Body Blast

Blast your body into shape! A motivating workout of 20-25 minutes of low impact aerobics to ramp up the heart rate using light hand weights. Followed by 20 minutes of strength training with free weights to enhance overall body definition, increase muscle strength and tone. Also 15 minutes of abdominal work. ACE Certified Instructor: Sandi Cook. Ages: 14 years & up
 SS1: May 19-28 (No class May 5-14)
 SS2: June 2-30
 SS3: July 2-30
 SS4: August 4-27
 Day/Time: Tuesdays & Thursdays; 6-7 p.m.
 Fees: Res/Non-res SS1: \$12/17; SS2 & 3: \$27/32; SS4: \$24/29; or \$3.50 drop-in fee per class

Lower Body Blast

Complete lower body focus with a low impact cardio warm up. We use step for lunging and light free weights for resistance. Instructor: ACE Certified Instructor: Sandi Cook.
 Ages: 14 years & up
 SS1: No classes in May
 SS2: June 7-28
 SS3: July 12-26 (No class July 4)
 SS4: August 2-30 (No class Aug. 8)
 Day/Time: Sundays; 1-2 p.m.
 Fee: Drop-ins only: \$3.50 per class

**Personal Training**

We have individuals willing to assist you. Registration and payment must be made at the NLRC front desk. Clients must pay both the personal training rates for the instructor and the NLRC's daily fees or membership rates if using the facility/equipment outside of personal trainer session appointments.

Kris Cameron: kcameron@renuyourlife.com or call 319-361-7673

Lindsay Olson: Lindsayjolson@gmail.com or call 319-430-6116

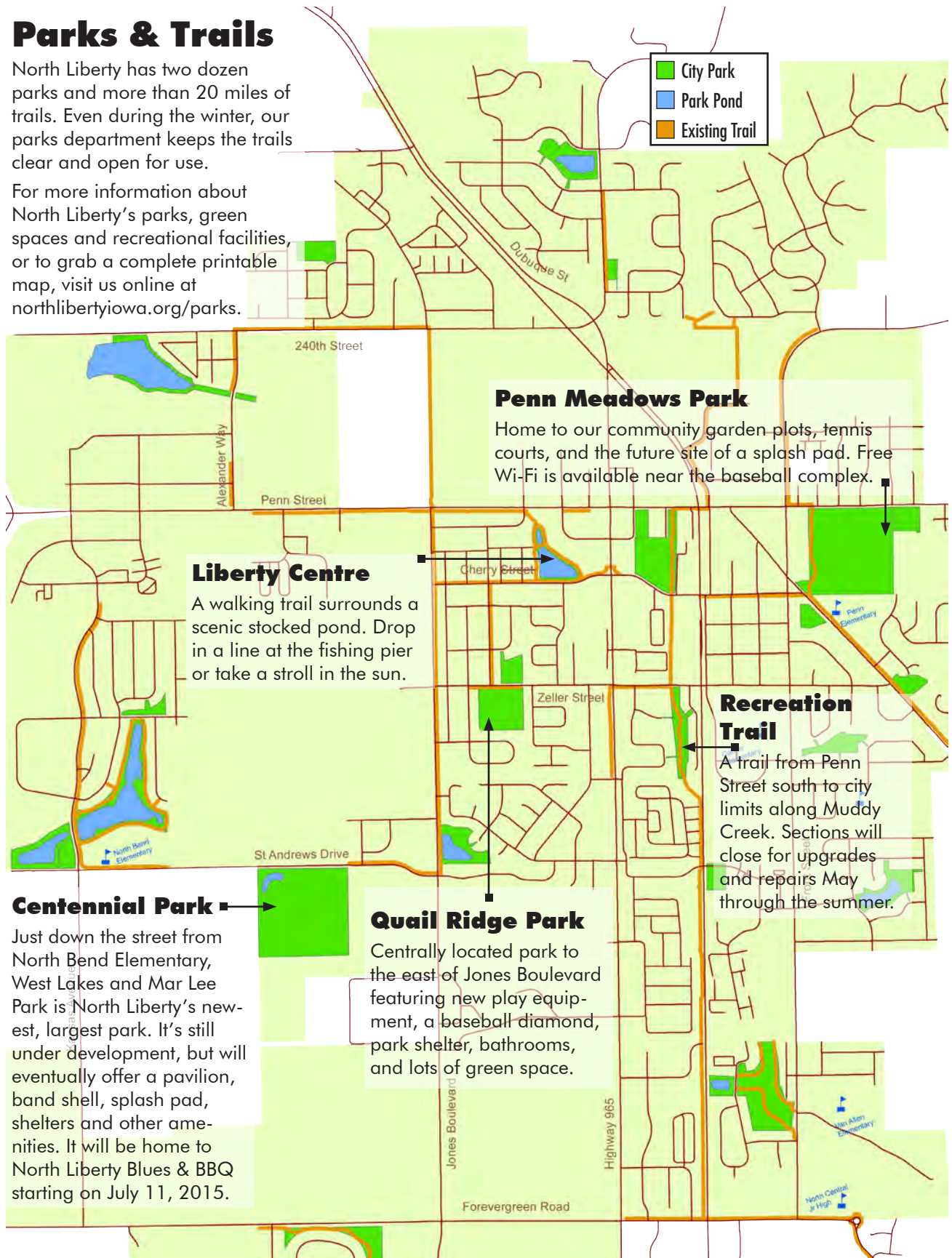
Rachel West: coachwestfitness@gmail.com or call 319-759-6263

Bruce Elgin: Bruce.R.Elgin@gmail.com or call 319-321-3447

Parks & Trails

North Liberty has two dozen parks and more than 20 miles of trails. Even during the winter, our parks department keeps the trails clear and open for use.

For more information about North Liberty's parks, green spaces and recreational facilities, or to grab a complete printable map, visit us online at northlibertyiowa.org/parks.



■	City Park
■	Park Pond
■	Existing Trail

Penn Meadows Park

Home to our community garden plots, tennis courts, and the future site of a splash pad. Free Wi-Fi is available near the baseball complex.

Liberty Centre

A walking trail surrounds a scenic stocked pond. Drop in a line at the fishing pier or take a stroll in the sun.

Recreation Trail

A trail from Penn Street south to city limits along Muddy Creek. Sections will close for upgrades and repairs May through the summer.

Centennial Park

Just down the street from North Bend Elementary, West Lakes and Mar Lee Park is North Liberty's newest, largest park. It's still under development, but will eventually offer a pavilion, band shell, splash pad, shelters and other amenities. It will be home to North Liberty Blues & BBQ starting on July 11, 2015.

Quail Ridge Park

Centrally located park to the east of Jones Boulevard featuring new play equipment, a baseball diamond, park shelter, bathrooms, and lots of green space.

NORTH LIBERTY

BLUES & BBQ



presented by

SOUTH SLOPE

STARTS AT NOON
SATURDAY

July 11

CENTENNIAL PARK

NORTHLIBERTYBLUES.ORG

Our ninth year of
live blues
great barbecue
craft brews
and
family-friendly fun